



headspace Murray Bridge wishes to advise our services will be closed from 11.30am on the 20th December 2024 reopening on Thursday 2nd January 2025 at 9am.

Should you require assistance over this time please utilise the following services:

For a life-threatening emergency call 000

Your local GP

- **eheadspace** online chat, email or phone support for young people aged 12-24. 9am-1am /7 days a week -**eheadspace.org.au** or call **1800 650 890**
- **Lifeline** crisis support chat line or phone support 24/7 - **lifeline.org.au** or **131114**
- **KidsHelpline** for young people 5-25 years, chat line or phone support 24/7 - **Kidshelpline.com.au** or **1800551800**
 - **Beyond Blue** mental health support, chat line or phone support - **beyondblue.org.au** or **1300 224 636**
- **Rural & Remote Mental Health Triage** – for urgent mental health assistance and advice 24/7 – **131465**

Also consider accessing digital mental health services via **headtohealth.gov.au**

We look forward to seeing you in the New Year

Your headspace Murray Bridge Team

